

let's talk nutrition



setting the foundation for healthy families

Getting ready to start a family? Nutrition plays a critical role in reproductive health for both women and men.

By adopting a healthy lifestyle, you can enhance your fertility and chances of conceiving a healthy baby - all while improving your overall well-being.

nutrition 101

The path to improving your health and well-being can start with just a few small changes - incorporating more healthy habits into your daily routine and having less of the things that we may enjoy, but ultimately don't contribute to a healthy lifestyle in excess.

focus on more:



Balance & moderation: Practicing moderation and eating a balanced diet work in tandem to improve overall health and well-being, helping people who are pursuing family-building to achieve the best outcomes. A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats ensures that the body receives adequate vitamins, minerals, antioxidants, and macronutrients necessary for optimal fertility.

- **Folic Acid:** For women trying to conceive, It's recommended that they start taking folic acid as soon as they start trying for a baby, as well as during the first 12 weeks of pregnancy. Folic acid – which can be found in folate-rich foods such as leafy greens, citrus fruits, and beans – can help improve the development of the baby's brain and spine.
- **Antioxidants:** Foods rich in antioxidants, such as berries, oranges, spinach, and kale may help protect reproductive cells from damage caused by free radicals.
- **Calcium:** Adequate calcium intake is important for bone health and hormone regulation. Dairy products, leafy greens, and fortified foods are all great sources of calcium.
- **Vitamin D:** Low levels of vitamin D have been linked to infertility in both men and women. To increase vitamin D levels, consider spending more time outside in the sunlight or taking a supplement.

Remember to always speak with your doctor first before taking any vitamins and dietary or nutritional supplements.



Exercise: Exercise can support fertility by helping people maintain a healthy weight, reducing stress, and promoting overall well-being. Cardiovascular activities like walking, jogging, or swimming improve circulation, while yoga and Pilates enhance flexibility and reduce stress. Strength training, Tai Chi, and mind-body practices like meditation and deep breathing exercises offer additional benefits. Consistency and moderation are important, so aim for at least 30 minutes of moderate exercise most days of the week. Always consult with your doctor before starting a new exercise regimen.



Water: Staying hydrated is essential for overall health, but is especially important for both men and women trying to conceive. For men, proper hydration helps maintain optimal sperm production and quality, as dehydration can lead to a decrease in semen volume and sperm concentration. In women, water helps regulate hormone levels and supports the production of cervical mucus, which is important for sperm transport and survival in the reproductive tract.

focus on less:



Caffeine: While moderate caffeine intake is generally considered safe, excessive consumption may have negative effects on fertility by interfering with hormone levels, disrupting menstrual cycles, and impairing sperm quality. It's recommended that people trying to conceive limit their caffeine intake to less than 200-300 milligrams per day, which is equivalent to about two cups of coffee.



Alcohol: In women, moderate (3-13 drinks per week) and heavy (14 or more drinks per week) alcohol intake are associated with longer time to conception and infertility. Heavy drinking in males is associated with lower reproductive hormone levels and decreased sperm production. Ultimately, men and women should limit alcohol consumption when trying to conceive.



Trans Fats: Studies suggest that trans fats can negatively impact fertility by interfering with hormone regulation, inflammation, and insulin sensitivity. For women, trans fats may disrupt ovulation and menstrual cycles, while in men, they can reduce sperm quality and quantity. Consuming high amounts of trans fats, often found in processed foods and fried foods, should be minimized for those trying to conceive.



Sugar: Similar to trans fats, high sugar intake can lead to inflammation and insulin resistance, which may interfere with ovulation in women and sperm production in men.



Stress: Limiting stress is crucial for fertility as it helps regulate reproductive hormones, improves ovulation, enhances sperm quality, and increases libido. Practicing stress-reducing techniques such as meditation, yoga, or deep breathing exercises can help to optimize fertility treatments and promote a healthier pregnancy while simultaneously improving overall personal well-being.

WIN's in-house health coach provides guidance and tools to help you navigate your unique nutrition needs, enhance your health and well-being, and set the foundation for better outcomes throughout your family-building journey.

need on-demand support?

From late night questions and medication assistance to emotional support, our **Nurse Care Advocates are available 24/7** through the WINFamily App to help you navigate your fertility journey.



Clinical guidance is a tap away.

Scan to download the WINFamily App and create your account using your company name.

